

Alsana.

2025
Treatment Outcomes



Demonstrating the effectiveness and scalability of our Recovery Story framework

Recovery is more than symptom reduction

It is the process of rebuilding a life that feels meaningful, connected, and sustainable. At Alsana, we measure outcomes across several key domains that reflect the complexity of eating disorder recovery, including eating disorder symptoms, quality of life, anxiety, depression, emotion regulation, and more. The results shown here represent changes from admission to discharge among clients treated in 2025. Together, these findings highlight the notable progress clients make through Alsana's Soul Hearted approach to care—one that addresses not only the behavioral aspects of eating disorders, but also the emotional, relational, and psychological foundations of lasting recovery.

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Opening Note

Behind every outcome is a person. A story in progress. A moment when healing begins to take shape, sometimes quietly, sometimes in profound ways.

Alsana's 2025 Patient Outcomes reflect both measurable clinical progress and the deeply personal work of recovery. While the data in this report offers important insight into symptom reduction, emotional well-being, and treatment satisfaction, it also represents something more: individuals rebuilding trust with themselves, reconnecting with loved ones, and moving toward lives less defined by their eating disorders.

Through our Recovery Story framework, we believe recovery is both evidence-based and deeply human. By pairing validated clinical measurement with compassionate, individualized care, we remain committed to understanding how healing unfolds and how we can continue refining the support we provide.

This report offers a snapshot of that ongoing work, grounded in transparency, continuous improvement, and hope for what is possible in recovery.

With gratitude,

Jordan Watson, Chief Executive Officer
Keesha Amezcua, LMFT, CEDS-C, Chief Clinical Officer



Recovery Story

Where Clinical Care Meets Personal Meaning

At Alsana, the Recovery Story framework shapes how we understand and support the recovery process. It recognizes that, while recovery can be measured through clinical outcomes, it is also deeply personal and shaped by identity, relationships, and lived experience. The clinical framework provides a structure for understanding that journey, helping clients make sense of where they've been, where they are, and where they're going. Rather than replacing clinical care, it works alongside it, bringing meaning and context to the measurable progress seen across evidence-based modalities.

This framework is integrated throughout Alsana's multidisciplinary approach, including therapy, nutrition, medical support, movement, and relational work. As clients engage in these modalities, the Recovery Story helps translate clinical progress into lived change. It supports not only symptom reduction but also the rebuilding of trust, connection, and self-understanding. In this way, treatment becomes more than a series of interventions; it becomes a process of actively shaping a life beyond the eating disorder, grounded in both measurable outcomes and personal transformation.

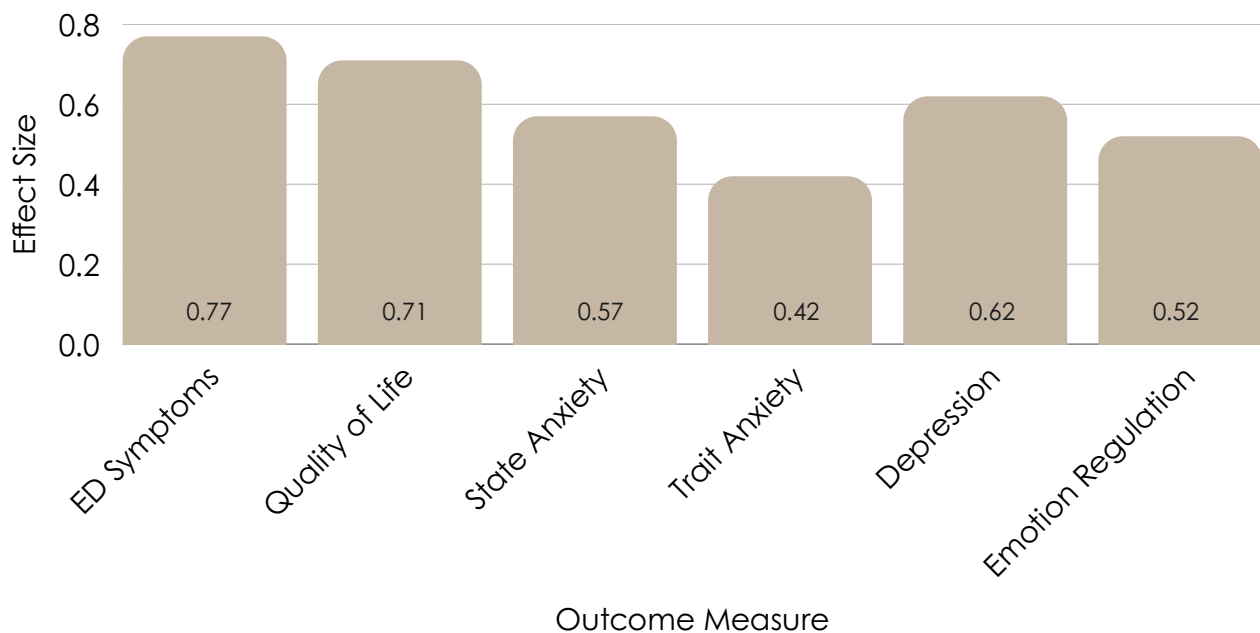
This commitment to both measurable progress and personal meaning is reflected in the outcomes data presented here.



Effect Size & Demographics

Effect Size

Effect size is used to measure how much clients improve during treatment. While statistical significance shows that change has occurred, effect size helps quantify the magnitude of that change. The effect sizes shown below reflect improvements in key areas of recovery from admission to discharge.



Demographics

Sample size: 93 clients

Average age: 30.7 years

Age distribution is as follows:

- 18-24 years: 40.7%
- 25-34 years: 30.8%
- 35-44: 9.9%
- 45-54: 9.9%

Cisgender females: 81.7%

LGBTQ+: 30.1%

Other characteristics noted include:

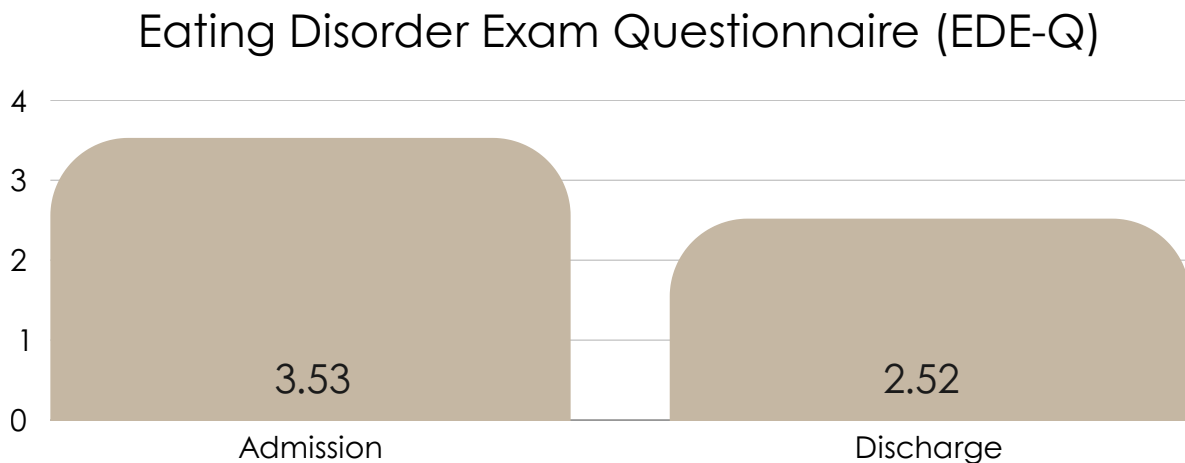
- 74.2% attended college
- 31.2% employed full-time
- 93.5% insured
- 45.2% reported a family history of eating disorders

Eating Disorder Symptoms

Alsana utilizes the Eating Disorder Exam Questionnaire (EDE-Q) to evaluate eating disorder symptom change from admission to discharge. The EDE-Q Global Score provides an overall measure of eating disorder psychopathology.

Questions include:

- Has thinking about food, eating, or calories made it very difficult to concentrate on things you are interested in (for example, working, participating in a conversation, or reading)?
- Have you had a definite fear of losing control over eating?
- How many days have you eaten in secret?
- How has your weight influenced how you think about (judge) yourself as a person?
- How has your shape influenced how you think about (judge) yourself as a person?



Our 2025 patient outcomes data reveals an admission score of 3.53 and a discharge score of 2.52, representing a **29 percent reduction in eating disorder symptom severity** during treatment. Notably, a discharge score below 2.8 is considered “in remission,” marking an important step forward in each patient’s recovery story.

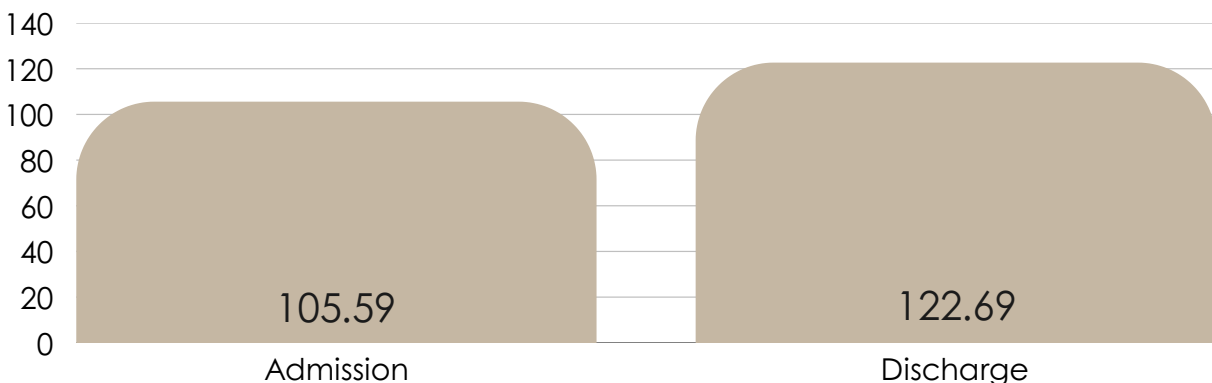
Quality of Life

At Alsana, we believe that recovery goes beyond symptom reduction; it's also about rebuilding a life that feels meaningful and fulfilling. The Eating Disorder Quality of Life Scale (EDQLS) measures the impact of eating disorders on areas such as relationships, daily functioning, emotional well-being, self-image, and more. Our 2025 patient outcomes data shows that clients experienced **an average increase of 17 points in quality of life** during treatment.

EDQLS assessment statements include:

- I feel like I don't have a life.
- My life is full of worry right now.
- I have lots of rules about food.
- I feel connected to others.
- I see positive things in my appearance.

Eating Disorder Quality of Life Scale (EDQLS)



I found authentic joy in things I used to reprimand myself for doing. I took, and continue to take, pride in the progress I made and continue to make. Most importantly, I am now capable of self-acceptance and self-love whether I succeed, fail, or anything in between.

Paul

Anxiety Symptoms

Alsana used State-Trait Anxiety Inventory (STAI) to measure the severity of clients' anxiety symptoms.

State anxiety is a transitory emotional state directly related to adverse situations within a specific timeframe. *Trait anxiety* is a persistent condition involving a natural tendency towards anxiety that is rooted in an individual's personality.

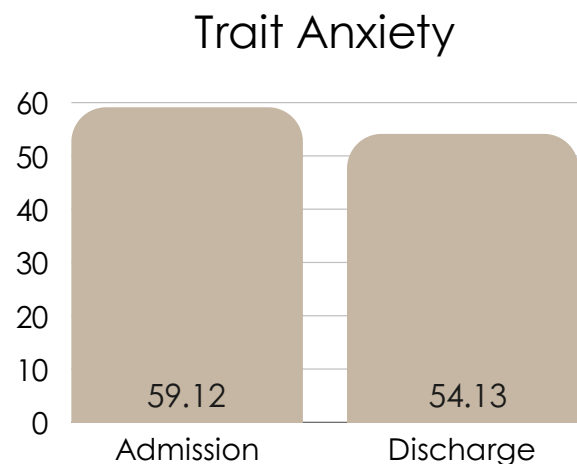
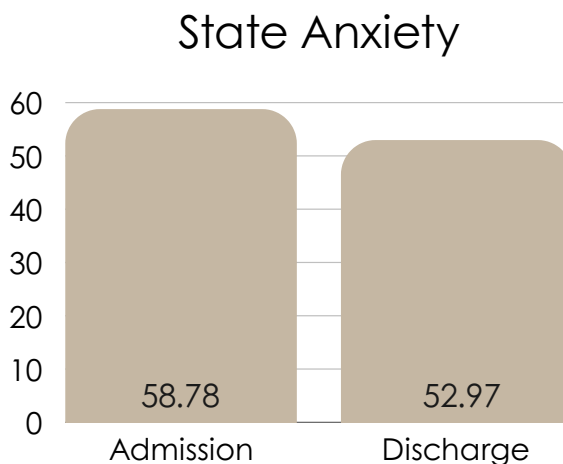
Example assessment statements include:

State Anxiety

- I feel strained.
- I am presently worrying over possible misfortunes.
- I am relaxed.

Trait Anxiety

- I wish I could be as happy as others seem to be.
- I feel pleasant.
- I feel like a failure.



These results suggest that clients experienced **meaningful reductions (5.82 points) in state anxiety symptoms** during treatment. Although trait anxiety tends to change more gradually due to longer-standing patterns in personality and coping, the numbers still show real progress with **an average reduction of 4.99 points**.

Depression Symptoms

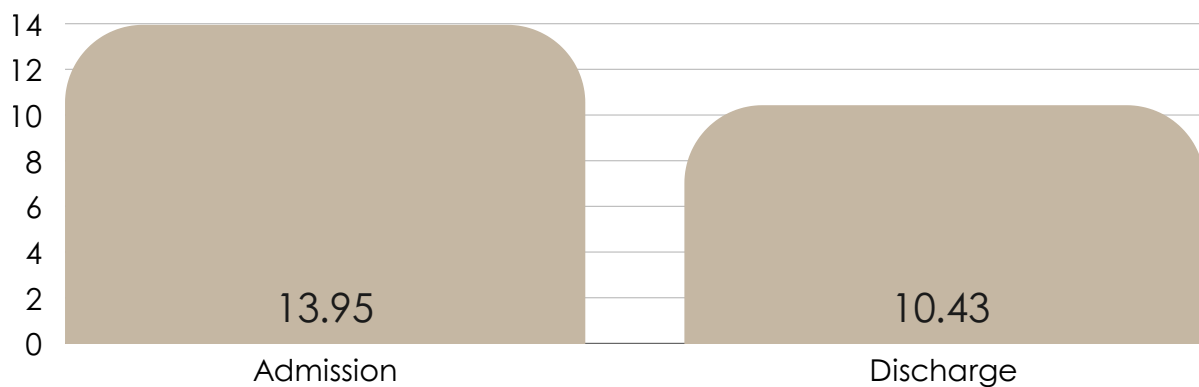
The Patient Health Questionnaire (PHQ-9) is used to assess depression severity, differentiating minimal symptoms of depression from minor depression, major depression, and mild, moderately severe, or severe major depression. The survey prompts participants to rate symptom severity on a scale.

Example symptoms include:

- Little interest or pleasure in doing things
- Trouble falling asleep or staying asleep or sleeping too much
- Moving or speaking so slowly that other people have noticed
- Thoughts of hurting yourself or that you would be better off dead

Clients experienced **an average reduction of 3.52 points in depression severity**, indicating clear improvement in mood and emotional well-being.

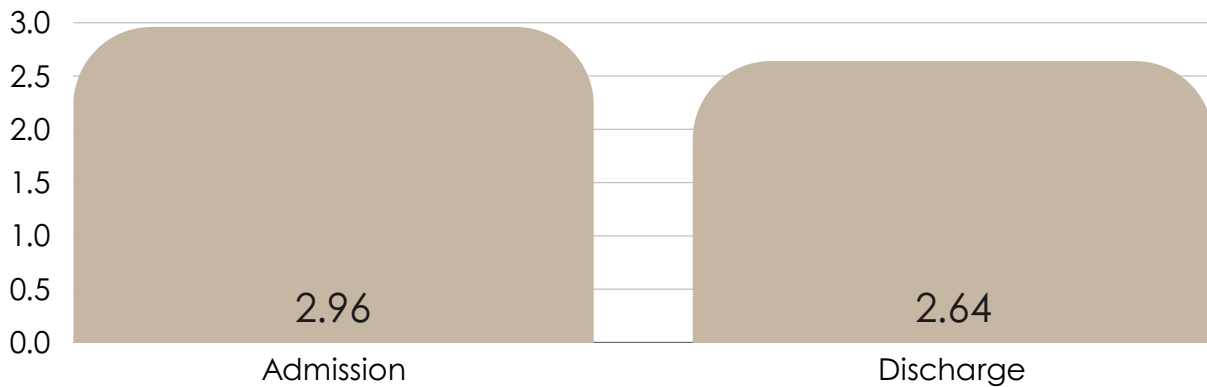
Patient Health Questionnaire (PHQ)



Emotion Regulation

Emotion regulation is the ability to recognize, understand, and manage emotional experiences in healthy and constructive ways. The Difficulties in Emotion Regulation Short Form Scale (DERS-SF) measures how effectively individuals can manage emotional responses. Ultimately, a therapeutic focus on building these coping skills directly supports long-term recovery and healing.

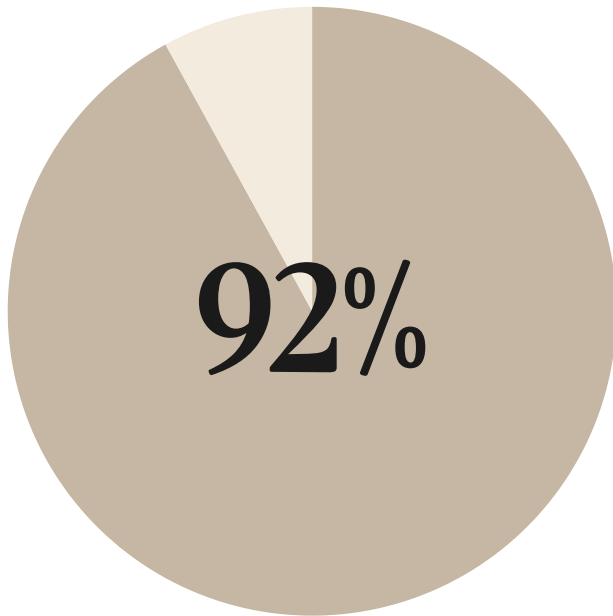
Difficulties in Emotion Regulation Short Form Scale (DERS-SF)



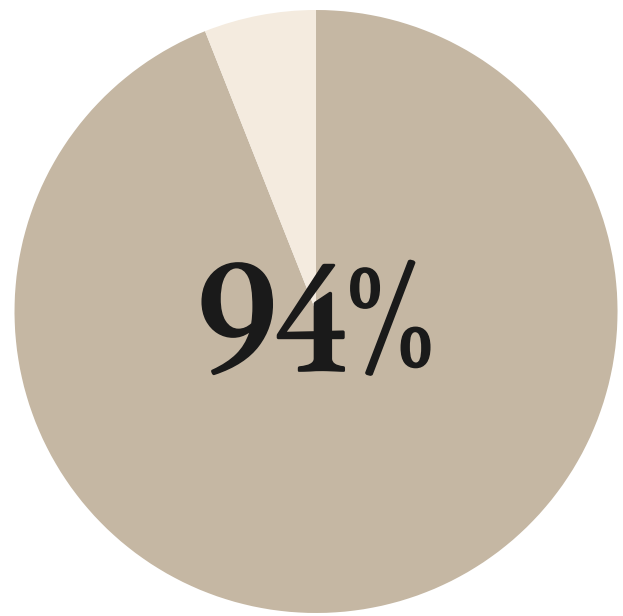
Patient Experience & Satisfaction

In addition to measurable clinical progress, perception of care data remains a critical part of understanding recovery at Alsana. At discharge, **92% of patients** shared that they would recommend this facility to other individuals seeking treatment for an eating disorder. Moreover, **94% of patients** reported that they were very satisfied with the overall care they received at Alsana.

Discharge Recommendation Rate



Patient Satisfaction Rate



These responses reflect more than satisfaction alone. They speak to the trust, connection, and sense of support that are essential to meaningful, sustained healing.

Affirming Care Experience

Healing happens most meaningfully in environments where individuals feel safe enough to show up as their full selves. Perception of care feedback from 2025 reflects Alsana's commitment to creating an affirming treatment experience, with clients reporting high levels of acceptance, authenticity, and respect for both their gender and sexual identity throughout care.

97%

of patients described Alsana as an accepting and affirming environment.

96%

of patients felt able to show up authentically and be respected as their true selves.

96%

of patients said their gender identity was respected and affirmed by staff.

98%

of patients said their sexual identity was respected and affirmed by staff.



Alsana is and has been one of the most respected, caring, and safe places for me to go as a trans man. All of the staff and clients respected me in ways that I've never been respected before, and I felt welcome and safe to be myself.

Anonymous



*At Alsana, we exist to be a
source of **hope and healing**
in the world.*

